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GREEK SHACK OFFERS UP DROOL-WORTHY OPTIONS
LUNCH RUSH {page 15}

POLICE TO GATHER FOR FUNERAL OF OTTAWA CONSTABLE
LOCAL {page 4}

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Rink. Rookies

▶ Ottawa Senators prospects battle it out in 3-on-3 scrimmages at the Bell Sensplex yesterday on the f

Sens prospects lace up for 3-on-3

SHEEN'S PICK OF THE LITTER

'TIGER BLOOD' INTERN CHOSEN

{page 12}

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final day of development camp.

JOE LOFARO/METRO

tourney

World's women unite

International conference celebrating its 30th anniversary

JOE LOFARO
@METRONEWS.CA

Organizers say it's the largest international gathering of women — ever.

Nearly 2,000 academics, policy makers and feminists from around the world are attending the Women's World Conference in Ottawa this week to discuss equality, human rights, sex trafficking, veils, midwifery and hundreds of other topics that affect women.

The conference kicked off on Sunday and runs through Thursday at the Ottawa Convention Centre and the University of Ottawa. This is the first time it has been held in Canada.

Caroline Andrew, co-chair of the event, said it provides women a comfortable space to put ideas into action.

"It's about how do you get what we know into what we do," said Andrew. "The conference is also about partnerships, about how people can work together."

"It's very exciting to realize that there are people from all over the world who are working in very different ways, trying to make the world a better place."
CAROLINE ANDREW

In one session, working together meant using theatre to enact scenarios of gender oppression in the workplace.

"Theatre is a very powerful tool for social change," said Louise Pitre, whose work deals with violence against women. "We can use theatre to tell a story and engage in a dialogue and shifting that story and taking new actions to create that change we want to see."

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1 news

Police set to gather for funeral

Thousands of police came to Ottawa for the funeral of Ottawa Police Const. Ireneusz (Eric) Czapnik after he was killed in the line of duty.

Today, it's the sad duty of Ottawa police to repay the honour to York Region Const. Garrett Styles.

"It's important for us to us to show the same level of respect to York and to the family of Constable Styles that York showed us and the family of Const. Czapnik a year ago," Ottawa Police Chief Vern White said yesterday.

The Ottawa Police Service and the Police Association hired a bus to take officers to the funeral of Const. Styles this morning and return tonight.

Styles, 32, died last Tuesday during a traffic stop. Police allege a 15-year-old boy was driving a minivan that dragged and crushed him.

In 2009, Czapnik was stabbed to death in a random attack while he sat in his police cruiser outside of the Ottawa Hospital.

STEVE COLLINS

TIM WIECLAWSKI/METRO FILE

▶ The funeral of Const. Ireneusz (Eric) Czapnik in 2009.

From Kandahar to Bluesfest

It'll be hard to top her Canada Day, but Ottawa's Amanda Rheaume still plans to catch Blue Rodeo, The Black Keys and The Roots at Bluesfest, which opens today

STEVE COLLINS
FOR METRO OTTAWA

Amanda Rheaume says she's excited and honoured to play Bluesfest this year, but it might be hard to top her Canada Day.

The Ottawa singer-songwriter returned Sunday from a July 1 performance for Canadian troops at Kandahar Airfield, part of a squad of Canadian celebs including Mike "Bubbles" Smith, Rick Mercer and Andre-Philippe Gagnon.

It was her second trip to Afghanistan, and with Canada's combat mission wrapping up, considerably less sombre than her first one, in March 2009, during which three soldiers died.

"This trip was way more celebratory," she said. "So many people are going home, and it was Canada Day, and the vibe was just great. There was still a war going on, obviously, but you could tell that spirits were really high, and that was really fantastic."

"I shared a room with Lisa LaFlamme from CTV, and I mean everyone was great. Rick (Mercer) was great, Bubbles was great — we all got along really great."
RHEAUME ON HER CANADA DAY CO-STARS

SGT. MATT MCGREGOR/FOR METRO

▶ Amanda Rheaume onstage at Kandahar Airfield on Canada Day. She plays Bluesfest's MBNA Stage and launches her new CD, Light of Another Day, on July 17.

After nearly two years, Ottawa and provinces reach $1.4B pact on affordable housing. Scan code for story.

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The American economic situation looks grim, but Allan Small provides some compelling reasons to invest. More at metronews.ca/investing

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STEVE COLLINS/FOR METRO

▶ Fraternité Chairman Jean-François Milotte, left, and others break ground yesterday on Maison Fraternité.

Francophone addiction centre to open in fall

Francophone youth struggling with addiction will have more help this fall, when Maison Fraternité is expected to open its new six-bed residential treatment facility in Ottawa.

The facility, made possible with a $750,000 contribution from United Way and the help of Project s.t.e.p., will be the first of its kind in Eastern Ontario.

$5.60 Future savings for every dollar spent on addiction treatment and prevention today, estimated by the Provincial Auditor for Ontario.

STEVE COLLINS

No injuries in house fire

About an hour after crews began fighting a fire at a home in the city's southwest corner yesterday morning, Ottawa Police were able to confirm there was no one in the burning building. The fire left the inside of the house "completely gutted" and caused about $475,000 worth of damage, said Ottawa Fire Services spokesman Marc Messier.

JESSICA SMITH

Greece disables aid ship bound for Gaza

Activists on Canadian ship call on Ottawa to denounce what they call an unlawful act by the Greek government

The Greek coast guard has damaged a Canadian ship bound for Gaza, forcing it back to shore after ramming it against a cement pier, activists said yesterday.

Activists at first believed the ship was sinking as a result of the hard landing. While it appeared the damaged ship would stay afloat, it remained confined to a Greek port late yesterday after an unsuccessful attempt to reach Gaza.

The Tahrir, bearing at least 30 Canadians, left a Greek port early yesterday evening local time and was boarded 15 minutes later by armed officers from the Greek coast guard.

Within an hour, the ship was back at another Greek port, where supporters of its mission were gathering.

"They arrived back to land into a location ... where the coast guard forced them to go to. Not the original dock," Ehab Lotayef, a Montreal-based spokesman for the ship, told The Canadian Press in a telephone interview.

"They slammed it into the concrete, into the pierside."

Lotayef said several dozen activist passengers remained late yesterday on board the ship, which was damaged and leaking diesel.

"We are holding the Greeks responsible for all that — totally unjustified action by the Greek government, arm-twisted by the Israelis," he said.

"It is a setback but it's not the end of the road. The efforts will continue worldwide until this blockade ends."

The ship had left the Greek port of Agios Nikolaos. Days earlier, a Greek coast guard vessel took up a berth next to the Tahrir after its activists declared their intent to set sail after various delays.

THE CANADIAN PRESS

Baby. Gagas

▶ Young fans of Lady Gaga strike a pose in costume at the start of her press conference in Taipei, Taiwan, yesterday.

WALLY SANTANA/THE ASSOCIATED PRESS

Born to play at being a superstar

Inmate sues jail over lack of porn

A Michigan jail inmate says he's being subjected to cruel and unusual punishment because he can't have pornography. Kyle Richards, 21, says denying his request for erotic material subjects him to a "poor standard of living" and "sexual and sensory deprivation."

THE ASSOCIATED PRESS

Lawyers to argue nudity no crime

Lawyers for a man charged after not wearing clothes at a drive-thru in central Ontario will try to convince a court judge today that it should no longer be a criminal offence to be nude in public. Brian Coldin is on trial after being nude at an A&W and a Tim Hortons in Bracebridge.

THE CANADIAN PRESS

Remains tested for bear attack

Medical officials should know today whether or not a black bear is responsible for the death of a Lillooet, B.C., woman whose remains were discovered on the weekend near her remote cabin. Regional coroner Mark Coleman said a Kamloops pathologist would conduct an autopsy.

THE CANADIAN PRESS

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William has a splash in Sea King helicopter

Duke of Cambridge lands machine on water In light rain, royals meet well-wishers in Prince Edward Island

RYAN REMIORZ/THE CANADIAN PRESS

▶ Prince William reacts after winning a dragon boat race yesterday in Dalvay Lake, P.E.I.

Prince William swapped his crisp jacket and tie for a jumpsuit and helmet and the throb of a Sea King helicopter yesterday as he donned a flight suit and practised a quintessentially Canadian manoeuvre — landing on the water.

The Duke of Cambridge climbed into the co-pilot's seat of a grey Sikorsky CH-124, its lower half sealed up with yellow tape, and plopped down repeatedly on the surface of Dalvay Lake, near the Gulf of St. Lawrence on the edge of Prince Edward Island.

With William at the controls, the chopper spent nearly an hour on the "waterbirding" move — sometimes turning circles on the water like a giant mechanical duck, windshield wipers clearing the spray from the windscreen, or performing a touch-and-go exercise that at times pushed the water levels nearly to the windows.

Waterbirding is an exercise that was invented in Canada to ensure Canadian Coast Guard pilots are equipped to deal with emergencies when operating over water. And if the number of times they tried it was any indication, the duke was certainly smitten with the technique.

Before taking off, the duke could be seen through the helicopter windows strapping in to the co-pilot's position as Kate — the Duchess of Cambridge — chatted and watched from a distance.

William is no stranger to the Sea King — as a flight lieutenant with the Royal Air Force, he's a fully qualified helicopter pilot who currently serves on board a British Sea King as a member of the British military's Search and Rescue Force.

"The Duke of Cambridge is, first and foremost, a search-and-rescue pilot, that's his job, and it's a job he's very proud to do," said press secretary Miguel Head.

While waterbirding isn't widely practised outside Canada, it's a manoeuvre that's known to search-and-rescue professionals and helicopter pilots around the world, he added.

"So when (William) took the decision to come to Canada, one of the things he actually asked to do was to do this, and it's a technique he'll be able to use in his job."

The demonstration took place at the Dalvay by-the-Sea resort, a frequent backdrop for the Anne of Green Gables movies — Kate is a big fan of the Lucy Maud Montgomery books — and CBC's Road to Avonlea TV series.

THE CANADIAN PRESS

Royals row

- Also yesterday, William and Kate donned life jackets before boarding separate vessels for a dragon boat race.
- William appeared to really get his back into it, paddling in perfect unison with his crew. Kate laughed off getting sprayed a few times.

Defiant Ratko Mladic tossed from tribunal

AMEL EMRIC/THE ASSOCIATED PRESS

▶ Relatives of a man killed during the 1992-95 Bosnian war put up photos yesterday on a memorial in Bosnia.

United Nations judges threw Ratko Mladic out of his own arraignment yesterday after the former Bosnian Serb military chief shouted at them, defied their orders and refused to enter any plea to 11 charges of masterminding the worst atrocities of the Bosnian war.

With Mladic's chair in the courtroom empty, presiding Judge Alphons Orie entered not-guilty pleas, in line with the war crimes tribunal's rules for suspects who refuse to plead.

Mladic's contemptuous display drew anger from survivors of the 1992-95 Bosnian war and raised the prospect of another turbulent UN court trial. In Srebrenica — the Bosnian town where Mladic is accused of commanding troops who in 1995 killed some 8,000 Muslim men and boys in Europe's worst massacre since the Second World War — survivor Fadila Efendic called Mladic's behaviour salt in her wounds.

"We are made to suffer, to mourn our children, we are forced to watch him make a circus in the court," she said.

If convicted, the 69-year-old, making his second public appearance since Serbia extradited him to The Hague in late May, could face a sentence of up to life in prison. THE ASSOCIATED PRESS

Remembrance

- Commemorations in Srebrenica marking the 16th anniversary of the massacre begin this week.

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Alleged kidnapper's testimony is fiction: Crown

The Crown said the testimony of a New Brunswick man who denies kidnapping a woman last year and keeping her captive in his one-room basement apartment for nearly a month is "pure fiction."

Romeo Cormier has pleaded not guilty in the alleged abduction of a 55-year-old woman in Moncton in February 2010.

Cormier has testified that the woman wanted to be with him and enlisted him in a plot to kill her husband.

But during closing arguments yesterday, Crown lawyer Marc Savoie dismissed Cormier's testimony as "pure fiction, pure fabrication" that should not raise any doubts for the jury about the accused's guilt.

Earlier yesterday, the defence questioned the testimony of the woman, whose identity is protected by a publication ban.

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Fox News hackers post 'Obama dead' hoax online

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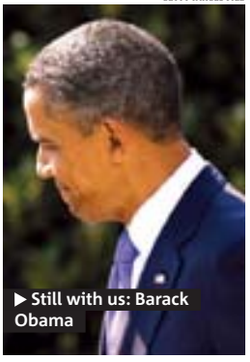

▶ Still with us: Barack Obama

Several false tweets about the assassination of U.S. President Barack Obama made for an embarrassing Fourth of July yesterday for Fox News.

"@BarackObama has just passed. The President is dead. A sad 4th of July, indeed. President Barack Obama is dead," read the first tweet posted by hackers who broke into a Fox News Twitter account early in the morning and said Obama had been shot and killed while campaigning in Iowa.

Subsequent tweets provided more fake details and said the president had been killed at "Ross's Restaurant in Iowa." The hackers signed off by wishing Vice-President Joe Biden good luck as America's new president.

The tweets remained visible on the account, with almost 35,000 followers, for more than six hours after the first one appeared, until a red-faced Fox News released a statement about the hoax.

"Hackers sent out several malicious and false tweets claiming that President Obama had been assassinated. Those reports are incorrect, of course, and the president is spending the July 4 holiday with his family," the statement read.

A group calling itself Script Kiddies took responsibility for the hoax.

Fox is frequently accused of inciting anti-Obama sentiment. Several commenters on its website expressed regret that the tweets were false.

"That's okay Fox, no 'distress' here. It would have been a positive relief if true," someone named Al-Cashier wrote.

"If only!!! My dreams dashed!!!" wrote another.

But others showed up to point fingers at Fox News.

"How in the world could they tell the difference between hacked, hate-spewing comments and the usual hate-spewing comments?" one wrote.

Stock exchanges across the United States were shuttered for the national holiday, so news of the "assassination" had no effect on the market.

THE CANADIAN PRESS

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FABRIZIO COSTANTINI/GETTY IMAGES

▶ Steve Swancott installs trim on a minivan at the Chrysler assembly plant in Windsor, Ont.

Gas prices drive car sales up

Motorists spurn gas-guzzling trucks and SUVs for fuel efficiency ◐ June sales soared for Top 3

Canada's leading automakers are reporting a strong rebound in sales last month after a weak performance in May.

Ford, General Motors and Chrysler of Canada saw their sales improve dramatically on an annual basis.

Ford Canada once again claimed the top spot with June sales that rose six per cent to 33,450 from 31,707 from year-before levels. That was its best June since 1989.

May was the only month the automaker, along with many others, reported a decline in sales, led by falling truck sales. That led observers to suggest that high gas prices are forcing drivers to rein in purchases. Automakers have been reporting a boost in car sales for most of this year due to soaring fuel costs.

In June, Ford car sales were up 32 per cent, driven by sales of its Focus, Fusion, Taurus and Mustang. Truck sales, however, fell nearly four per cent.

General Motors Canada, Canada's second-best-selling automaker last month, said sales grew 12 per cent from a year ago, led by its Chevrolet Cruze and other fuel-efficient cars. Total sales of vehicles was 27,865, compared to 24,897 a year before.

Meanwhile, Chrysler Canada reported the largest improvement from year-ago sales. The company said its sales soared 27 per cent to 23,576 vehicles from 18,502 a year ago. That was its best June since 2005. THE CANADIAN PRESS

JOE BIDEN TWEETS

Twitter alights at White House

Joe Biden, the U.S. vice-president, made his debut on Twitter yesterday with a Fourth of July tweet asking Americans to pause and think about U.S. troops and their families.

It's part of a growing focus on social media by the White House, which has a Twitter account, as does President Barack Obama's re-election campaign. Tomorrow, the White House will hold a Twitter town hall. Americans can ask Obama about the pace of the economic recovery, the jobless rate, the national debt and other matters of concern. The official White House Twitter account, @whitehouse, has 2.25 million followers.

THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
+ 85.62 (13,386.49)	+ 0.40¢ (104.08¢ US)

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SEEMED LIKE A GOOD IDEA AT THE TIME

SHE SAYS ...

JESSICA NAPIER
METRO

We all make mistakes. The chances of making those mistakes increase exponentially when alcohol is involved. In fact, the decisions you make during a night out on the town are almost exclusively regrettable.

Here are just a few of the things that you would never, ever do in real life (read: sober) but that seem like a really good idea at 2 a.m.

• Ask the DJ to play an obnoxious pop track from the mid-2000s — think Gwen Stefani's Hollaback Girl — and scream "THIS IS MY JAM" at anyone within earshot.

• Wear sunglasses indoors. Convince yourself that sunglasses are a fun prop and that wearing them at night will make people think you are a hilariously zany individual. If Corey Hart can do it, so can you.

• Get into a heated discussion about religion/politics/anything of a sensitive nature. Assume you are correct no matter how outlandish your point is. There is no reasoning with someone under the influence of drunk logic.

"Walk home barefoot through the city streets. Hepatitis be damned; your feet really hurt from wearing cheap heels all night long and five kilometres isn't really that far of a walk anyway."

• Order a pitcher of beer … for yourself. When the server asks: "What type of beer?" Respond with: "Surprise me."

• Get all confessiony and tell your best friend about that time you hooked up with her ex-boyfriend/brother/dad.

• Purchase a large pulled pork poutine with extra gravy or some other calorie-laden late-night snack that you will inevitably spill all over yourself. Not that it matters. One of your friends accidently poured a double vodka cranberry down your back an hour ago.

• Send (what you think are) nonchalant text messages to that guy you went on a few dates with back in May. You didn't really like him and it didn't go anywhere, but for some reason you feel the need to see what he's up to right now.

• Walk home barefoot through the city streets. Hepatitis be damned; your feet really hurt from wearing cheap heels all night long and five kilometres isn't really that far of a walk anyway.

• Facebook creep your ex. Wind up in a shameful spiral of despair before falling asleep on your keyboard. Wake up at 5:30 a.m. to a photo album titled I Luv U Babe featuring him and his new girlfriend, who you suspect is at least five years younger than you.

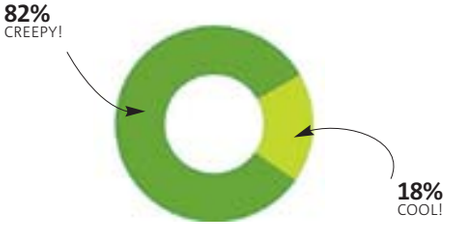
• Decide that the remedy for nausea is not water but tequila.

So be sure to proceed with caution on your next night of summertime revelry. Engage in any one of these activities and you will guarantee yourself a miserable morning after.

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metrolifepanel.ca and take the quick poll

The Newsweek Princess Diana cover: Creepy or cool?



Local tweets

- **@verity-chance:** Ah, Ottawa! City of two seasons, sure not winter so must be 'roadwork.' Really bad traffic jams.
- **@melissapasi:** Dear Ottawa Blues Fest: Worst. Website. Ever. #fail
- **@Livia518:** SO UPSET that i'll be away for ottawa folk fest — missing my chance to see bright eyes and hawksley workman live :(
- **@edentates:** Can't wait for @Skrillex and the Roots with @questlove at #bluesfest In Ottawa Wednesday, what a #Dope lineup!
- **@petersmoore:** Some street entrepreneurs should offer to clean out compost bins after collection; $10 for hose, $20 for sponge.
- **@_BritneyKaty:** poor #MacElhinney, Anaheim traded you, then Ottawa traded you
- **@vellino:** Sign of the times? Advertisement spotted at an Ottawa bank: "Expecting a severance package? Need advice? We're here to help."
- **@aprilgraace:** #relationshipsendbecause someone stops forgiving.

Worth mentioning

TORONTO. It's part cathedral, part parking meter and part Cadillac. And it's the latest invention out of Great Britain.

It's called the AutoWed Wedding Machine — a kind of vending machine for wedding ceremonies.

It's the brainchild of Sam Lanyon, a 30-year-old electronics engineer.

It's a simple process: You put in $1 and the machine begins to play a wedding march. Then it asks you what kind of ceremony you want: Gay, straight, lesbian or best friend forever.

Once you have selected the type of wedding, AutoWed takes over. If you agree to marry, you press the No. 1 on a computer keyboard. If you don't agree, you press 2 for "escape." After you exchange vows, it dispenses two plastic rings. Once the rings have been exchanged, a voice congratulates you and instructs you to kiss.

With the ceremony over, the vending machine dispenses a receipt with your names on it and asks you to hold on to it. Lanyon admits the ceremony is not legally binding, but designed only as a novelty.

TORSTAR NEWS SERVICE

Cartoon by Michael de Adder

WEIRD NEWS

Not the best idea to invite him to lunch

Joey Chestnut scarfed down 62 hotdogs to win his fifth consecutive Fourth of July hotdog-eating contest at Coney Island — the equivalent of about 20,000 calories in 10 minutes.

It wasn't a personal best for the 27-year-old nicknamed Jaws, but it was enough to out-eat second-place finisher Patrick Bertoletti by nine wieners. Chestnut of San Jose, Calif., won $10,000 and the coveted mustard-yellow belt.

"I feel great!" he said, sweat pouring down his face after the contest, adding he was going to drink a lot of water and avoid hotdogs for a few days.

This year, for the first time, the annual contest in front of Nathan's Famous fast food stand was broken into two divisions, one for men and one for women.

Sonya Thomas, known as the "Black Widow" of competitive eating, won with 40 downed dogs, earning her $10,000 and her own pink champion's belt.

Both Thomas and Chestnut broke world records in 2009; he with 68 and she with 41.

THE ASSOCIATED PRESS

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HANDOUT/WARNER BROS. PICTURES

▶ Charlie Day as Dale and Jennifer Aniston as Dr. Julia Harris star in the dark and wacky comedy, Horrible Bosses.

Horrible Bosses with a twist

Charlie Day plays a meek dental hygienist who doesn't want to be hit on by his boss, played by Jennifer Aniston Believable? You be the judge

HEIDI PATALANO
SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

Charlie Day, best known for his illiterate, glue-sniffing character on FX's It's Always Sunny in Philadelphia, has been put in the unlikely position of explaining why being pursued for a sexual liaison by a character resembling Jennifer Aniston is an unpleasant prospect. It's not an easy job.

"Most men don't cheat on their wives. Not all, but close," he offers rather sheepishly. His character in the comedy Horrible Bosses is a dental hygienist for Aniston's man-eating dentist. Devoted to his fiancé, Day's character Dale is terrified by his boss' blackmailing seduction. As the logic of the film goes, he and his buddies, played by Jason Sudeikis and Jason Bateman, decide to kill Dale's boss. Dark as it may seem, Bosses isn't afraid to cover the controversial topics.

"I don't think anything is too taboo to make funny," says Day.

"Murder is a terrible thing. It ruins people's lives. But set against this backdrop, in this idiotic light with these guys that have no business trying to commit a murder go about it, then it becomes a comedy. The things aren't inherently funny themselves. It's how you tell the joke."

"I think they'd hit it off because I think they are very similar."
DAY IMAGINING A SCENARIO IN WHICH HIS CHARACTERS FROM HORRIBLE BOSSES AND IT'S ALWAYS SUNNY IN PHILADELPHIA HANG OUT

That's where the overlap lies between Horrible Bosses and Sunny.

He's just wrapped production on the seventh season of the sitcom on which no topic — from abortion to crack smoking — is too crooked or bizarre.

"Managing to fly under the radar enough so that we don't lose our street cred but be a big enough hit that we're actually a very successful show has been a really nice balance," says Day, who offers up some spoilers for the next season.

"One of my favourite episodes is sort of a 'Toddlers and Tiaras'-esque thing, a kiddie pageant episode, which is just ridiculous," Day says.

"Frank has gotten involved in pageantry and he thinks its grown women he's getting involved with but it happens to be kids and he has to go through with it. It's another great season."

Bearded humour

Does having facial hair make you funnier?

- "Having a beard just makes me look older," says Charlie Day. "Sometimes when I shave it off I feel like I still look like I'm 15."
- "Mac (on Sunny) kind of grows his beard a little bit longer this season. He's definitely funnier, but I've definitely seen some unfunny people with beards."
- "I don't know that it makes people unfunny. I just know that there are plenty of people who grow beards who still remain completely humourless."

2 scene

Party free

Harry Potter star Daniel Radcliffe says he has given up drinking alcohol after realizing he was partying too hard.
The 21-year-old says he began to drink too much while filming Harry Potter and the Half Blood Prince in 2009. He told GQ he became "enamoured with the idea of living some sort of famous person's lifestyle that really isn't suited to me."
THE ASSOCIATED PRESS

Tracy Morgan has a way of riling folks with his comedy, but why should anyone care?

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GETTY IMAGES

▶ Charlie Sheen

Sheen picks his intern

Canadian applicants lose out on chance to join Team Sheen

Actor Charlie Sheen has chosen his "tiger blood" intern and he's not a Canadian.

The fired Two and a Half Men star tweeted last week that Team Sheen welcomed Josh Burstein as its new social media intern. The Los Angeles resident, who works for the Israeli government's economic mission to the U.S., beat 82,000 applicants.

One of them was Sepy Bazzazi, 25, who works in social media for Earls Restaurants in Vancouver. He tweeted his congratulations to Burstein.

Phil Pallen of Belleville, Ont., who was one of the final 50 candidates, ditched his bid last month and accepted an offer to work for American Idol host Ryan Seacrest instead.

Burstein tweeted "Tiger blood, coarsening (sic) through my veins. Excited for the opportunity!"

THE CANADIAN PRESS

Scott a headliner at Essence Music fest

GETTY IMAGES

▶ Jil Scott

Neo-soul artist Jill Scott brought a sassy new look, new music and a surprise performance with soul-singer Anthony Hamilton on the second day of the Essence Music Festival.

Scott performed some of her timeless hits Saturday evening such as Long Walk, and The Way and drew heavily on tunes from her new release, The Light of the Sun.

She delighted fans when Hamilton joined her on stage to perform their current hit, So In Love, which has helped push the new album to No. 1 — her first release to do so.

Scott was among the headliners for Saturday's festival, which also featured performances by El Debarge, Chaka Khan and the night's closer, rapper Kanye West.

THE ASSOCIATED PRESS

Celebrity tweets

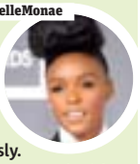
@EricStonestreet

Just paid 40 cents to use the bathroom in Brugge. Based on my output, I gave an additional 40 on the way out. I support world commerce.

@JoelMcHale

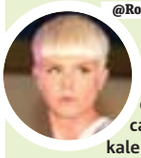
Happy Independence America! In celebration, I'm in London. Don't worry I brought an ass-load of fireworks.

@JanelleMonae



we always come to each city bearing gifts. giving selflessly. When we r greeted with the same intentions that's when things become MAGICAL.

@RobynKonichiwa



My new rap group is called carrots and kale and the first single: vegan aint easy

Taser story: Here's another case of where are they now

GETTY IMAGES

▶ Andrew Keegan

You don't know Andrew Keegan's name, but if you watched a lot of family-friendly TV in the 90s — including 7th Heaven (he played Wilson) or Party of Five (he was Reed) — you'd recognize his face.

Anyway, this weekend, he was tasered by cops, reports TMZ.

The site says he was playing music loudly in his car and got mad when the police approached.

We're guessing the line "Don't you know who I am?" drew blanks.

METRO

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A career-first for Taylor Swift

Taylor Swift recently postponed a show for the first time in her career.

Swift had to postpone Saturday night's sold-out show at the Yum Center in Louisville under doctor's orders because of an illness.

She tweeted the bad news to fans: "This is my first time having to do this. I'm so, so sorry."

Within 20 minutes, hundreds of followers had responded with get-well wishes, which were already among the most popular international trends on Twitter for the day.

Swift postponed the show until Oct. 11. She's due for a short break before returning to the road in Charlotte, North Carolina, on Friday in support of her multi-platinum Speak Now album.

THE ASSOCIATED PRESS

Taylor Swift

Talking points

A tongue tale in Paris for director

MAKEOUT SESSION. Caught making out by TMZ: Paris Hilton and The Hangover I and II director Todd Phillips.

After making two of the biggest comedy hits of all time, is this a step up? Or a step down? Lateral move?

METRO

GETTY IMAGES

▶ Paris Hilton

Choice, not money, the key to happiness

New Zealand researchers find that self-expression and life options are more important than having money

CELIA MILNE
LIFE@METRONEWS.CA

Money doesn't buy happiness. But what does? According to a large worldwide study, having choices in life and being able to express yourself are the most important ingredients in being happy.

Researchers in New Zealand collected data from all around the world on what factors contribute to well-being. Altogether, the studies included 420,599 people from 63 countries over several decades, so the science behind their results is very strong.

"The main finding is that money does not buy happiness and well-being," says Dr. Ronald Fischer, lead author, in an email to Metro.

"Choice and autonomy are more directly related to happiness than having lots of money. Autonomy provides you with the options to pursue meaning in your life, to find activities that stimulate and excite you and keep you active," explains Fischer, who is a senior lecturer in psychology and Fellow of the Centre for Applied Cross-Cultural Research at Victoria University of Wellington, New Zealand.

He and colleagues were surprised by the finding that choice and self-expression are more important than money, especially once you have your basic needs met.

"We did not predict we would find these clear patterns when we started and none of our friends or colleagues would have bet on this."

Job searchers take note.

"People may not need to go for the highest paying job, but rather focus on something that fulfills them personally and gives them greater happiness and satisfaction in their life," he says.

He warns that too much of anything is bad.

"Having too many choices or too much autonomy can lead to doubt about what to do, and regret that you aren't making the right choices."

The study was published by the American Psychological Association.

ISTOCK PHOTOS

▶ A life of choice is a life of happiness, a new study shows.

3 life

Fitness pick

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Adidas tennis bag by Stella McCartney

Tennis is the ultimate summer sport and regular court sessions will give you an enviably toned up pins.

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Seeds tainted by E. coli strain might still be out there, experts warn

Trend of the week

Skinny cocktails

You didn't spend the morning squeezing your inner thighs at Pilates to have your efforts slashed after one sugar laden cocktail. The average Martini has 300 calories per serving. This version? Just 100.

VeeV Skinny Açaí Lemonade

- 1 ¼ oz VeeV Açaí Spirit
- 2 lemon wedges
- ½ oz agave nectar
- Club soda
- Sprig of mint or basil

Squeeze the lemon wedges and shake all ingredients (except the club soda) well with ice. Strain into an ice-filled rocks glass and top with club soda.

METRO

BODYISMYOGA

Yoga pose. Head to knee forward bend/Janu Sirsasana

What you do:

1. Sit on the floor with your legs straight in front of you. Inhale, bend your right knee and draw the heel back towards your perineum. Rest your right foot sole against your inner left thigh and lay the outer right leg on the floor with the shin at a right angle to the left leg.
2. Press your inner right hand against your inner right groin and your left hand on the floor beside the hip. Exhale and turn the torso slightly to the left, lifting the torso as you push down on and ground the inner right thigh. Line up your navel with the middle of the left thigh. Stay here and lengthen the spine.
3. Reach out with your right hand to take the inner left foot, thumb on the sole. Inhale and lift the front torso, pressing the top of the left thigh into the floor and extending through the left heel. Use the pressure of the left hand on the floor to increase the twist to the left. Reach your left hand to the outside of the foot. Arms fully extended, lengthen the front torso from the pubis to the top of the sternum.
4. Exhale and extend forward from the groins, not the hips. As you descend bend your elbows to the sides
5. Lengthen forward into a comfortable stretch. The lower belly should touch the thighs first, the head last. Stay in the pose 1-3 minutes. Repeat on the other leg.

STEPHANIE KNUTSSON, BODYISM YOGA INSTRUCTOR

Analysis

FEELING GOOD JUST ISN'T GOOD ENOUGH

JIM HARTER
CHIEF SCIENTIST, WORKPLACE MANAGEMENT AND WELLBEING AT GALLUP

Tells us what it takes for a man to have a great, not just good life.

Happily Managed
'Work' is how we occupy our time. Use your strengths and talents daily to progress and maximizing your ability to like what you do. Your manager (or mentor) is essential for purpose and motivation. Studies show that the interest level at work is directly correlated with the levels of cortisol and that the relationship with a manager directly affects stress levels and performance of 70 per cent of the workforce.

Heart to Hearts
In order to have a great, not good day and maximize happiness we need six hours of social time (with friends or family). When people arrive at work, their human nature and social attitude doesn't switch off. A good relationship with colleagues can boost performance, creativity and innovation.

Experiences over things
Financial stability and security lowers daily stress. Technology can work to our advantage with things like automated payments. Analyze your money capital, how you spend and allocate your money.

Sense of Purpose
Having a sense of purpose makes us thrive. Being involved in the area we live in can be the difference.

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With summer coming, we like to think that life might slow down a bit. The kids are out of school…your summer vacation plans are coming up and you are excited about that.

For most of us, our work schedules slow down in the summer. Unfortunately, that is not a situation that applies for all of us. And even if we enjoy less stress in the summer, before you know it, fall will be here bringing back a full schedule of events…**and stress!**

While some stress can be good for us, most of us are aware that too much stress can have a negative impact on our hearts or blood pressure. However, what you may not be aware of is that **too much stress can also impact your oral health.**

Stress can affect your oral health in either a direct or indirect manner. For instance, one indirect affect is that **people under stress are more likely to neglect their hygiene routines or make unhealthy food choices.** Either of these can have a negative impact upon oral health.

For instance, a failure to properly brush and/or floss on a regular basis can leave behind more food particles on the teeth and gums. This can **attract bacteria and lead to tooth decay and gum disease.**

With respect to food choices, highly stressed individuals tend to choose foods

Dr. George Parry
Dental Surgeon

of convenience. That usually means more processed foods with higher sugar or starch content. **Unhealthy eating habits** like this can also compromise your oral health.

These indirect affects show how stress can impact our lifestyle choices. However, stress can also have a **direct impact** on the well being of your mouth. For instance, people who experience higher levels of stress are more susceptible to a condition known as **bruxism**.

Bruxsim refers to the **grinding of the teeth**, usually at night while sleeping. It can lead to headaches, earaches, chronic facial pain and even the uneven wearing of the teeth. Many people suffering from bruxism wear ***night guards*** while they sleep to help alleviate the symptoms.

Stress has also been linked to **dry mouth** by affecting the ability to produce saliva. Saliva is very important to keeping the mouth clean and people with dry mouth are also more likely to suffer other oral health care concerns, including bad breath.

Canker sores are also more common with stress. The link between cankers and stress is not clearly understood. And while cankers are usually harmless, they can be painful.

Of course, **stress can compromise your immune system.** And when immune systems are not working efficiently, **gum disease** can become a problem as you are less able to deal with the bacteria that can build up in your mouth. A strong, unstressed immune system can be one of your best defenses against gum disease.

So if you think stress is causing you to suffer from any of these conditions, talk to your dentist. These problems might only add to your stress and your dentist wants to help alleviate it. Because alleviating stress is a healthy habit…and healthy habits lead to healthy lives.

Dr. George Parry
- Dental Surgeon

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Get to this Greek Shack

Specializing in Souvlaki, this eatery also offers up other drool-worthy items

LUNCH RUSH

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SHARI GOODMAN

▶ Chicken Pita ($4.95) and Greek Salad.

I guess I should have ordered souvlaki at The Greek Souvlaki Shack.

This shack, though small, is elegant yet casual and offers several tables for eat-in dining or a walk-up counter for take-out orders.

The Greek Souvlaki Shack
285 Bank St.
613-695-1185
Social lunch: Yes
Quick solo lunch: Yes
Client negotiations: No
Price range: $$
Rating: 5 out of 5

Worth a taste is the chicken pita. Wrapped in a fresh, warm pita, the perfectly seasoned chicken was moist — not dry like many pita wraps I've had elsewhere.

Married with the chicken were red onion, tomato and a thick layer of tzatziki that contained a good, heavy dose of garlic.

Best of all, its Greek salad was memorable. It was laced with a liberal drizzle of dressing and sprinkle of herb-dusted feta along with a mingling of vegetables that included green pepper and cucumber. The lettuce was crisp and garden fresh.

I have more than one reason to return to this shack: Souvlaki is only one of them.

THE CANADIAN PRESS H/O

Canadian Bacon Bonanza

Preparation:

1. In a bowl, combine bacon and brown sugar, making sure sugar evenly coats both sides of bacon. Place on outdoor grill over medium heat and grill for 3 to 4 minutes per side or until crispy and golden brown. Let cool.
2. For 1 serving: In bowl, combine syrup, 1 strip of crumbled bacon, sea salt. Place ice cream in serving dish. Drizzle with caramel-bacon mix. Garnish with additional bacon and caramel syrup.

THE CANADIAN PRESS/ SMUCKER FOODS OF CANADA

Ingredients:

- 6 strips uncooked bacon
- 50 ml (1/4 cup) brown sugar
- 30 ml (2 tbsp) caramel-flavoured sundae syrup, plus extra for serving
- Sea salt, to taste
- 1 large scoop (about 250 ml/1 cup) maple ice cream
- Additional candied bacon, for garnish (optional)

ISTOCK

▶ A simple note can go a long way.

THANK YOU NOTES ARE A MUST

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@ METRONEWS.CA

FOR MORE, VISIT CHARLES MACPHERSON.COM

I'm a second-time bride getting married the last week of July. I work full time, will be going on a two-week honeymoon and have two children from a previous marriage to take care of full time. Based on the fact that everyone knows how busy I am, are people honestly expecting me to send thank you notes for their presents?
Carole, Nova Scotia

Hello Carole:

Congratulations on your upcoming wedding! I know the answer to your question is one you don't want to hear, but it's yes, you do need to send everyone a thank you note and here's why:

1. People have gone to the trouble of spending time and money shopping for you — and they are just as busy as you!

2. It would be hurtful for guests who might think that your lack of communication means you don't care or value them or their gift.

That said, don't pressure yourself to write all of the notes at one time. Pace yourself. Send one or two per day, or 10 or so per weekend, and soon enough they will be done — I promise!

As my grandmother taught me, you will never be criticised for sending a thank you note, but you will always be criticised for not sending one!

FORGET THE WEDDING; LOVE IS WHAT REALLY MATTERS

TWO SISTERS

ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

I'm in love with a great guy who happens to be divorced, and refuses to ever get married again. He says that asking a woman to live together is like asking her hand in marriage, and he's asked me to move in together. I've always assumed I'd get married and we both want to have a child together, but it's clear that if I choose this path, I'm choosing a common law relationship over my dream wedding and the traditions that go with it, and possibly upsetting my parents in the process.
No white for me?

Claire: Dear NWFM,

As Florence and the Machine says, "You've got the love," it's just not taking the form you expected it to.

He loves you enough to want a child with you and to share a home with you — to build a life together. He's offering you the relationship that comes after the wedding day — the quieter, more private form that love takes when the party is over, the gifts have been given and the wedding dress has been stored away. Legally, you'll still have similar rights to those couples who spend $20K on the their big day.

Your parents will be happy when you are happy, whether or not they disapprove in the beginning.

Your child simply needs to be well loved. The question is whether you can be at peace with this version of your life together. If so, throw yourselves a big fat housewarming party/commitment ceremony when you move in, and be grateful you don't have to deal with bridesmaid dresses and demanding in-laws.

Andrea: Dear uncommon-law,

Marriage is like haute couture: sometimes you pull the big bucks and your beloved item stands the test of time, and sometimes it's a cheaply made Taiwanese knock-off that falls apart before you can say "prenup." The point is: put in the effort, time, and tears and you'll get quality.

A piece of paper and an expensive party won't speak to a solid foundation. It's one day out of years, decades even.

The first step to attaining that level of commitment is moving in together.

He obviously feels strongly for you if he's asked, so even if he doesn't adhere to your version of a perfect relationship, it's a really good sign.

I'd say he's doing you a favour by helping you found your own values over your parents, and potentially averting hefty divorce procedures.

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

GOOD DEALS CAN BE BAD FOR YOU

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

What's the "big deal" today? Check your email, Facebook or Twitter and within seconds you'll know it's 50 per cent off rims for your ride or a two-for-one pass to Ashton Kutcher's new flick.

Sites like Groupon get frugal types like me all revved up. They negotiate huge discounts with popular local businesses and pass along savings of 50 to 90 per cent to subscribers.

If you're in the market for a particular product and its price gets slashed, online coupons can save you hundreds of dollars.

Saving money is en vogue and often the topic of water cooler conversation.

But, if you're leading your offices' popularity contest for nabbing the best daily online deal, watch out!

You'll quickly fall from financial grace once your credit card is maxed and you've got nothing more to share with your colleagues.

It's important to ensure you're not spending money unnecessarily simply for the sake of a "sweet deal."

If a fancy trip out to the Fairmont Banff Springs Hotel wasn't part of your travel plans this month, don't buy one.

Sure, it's important to include fun and entertainment in your budget, but not at the expense of building your financial security.

A great deal you can't afford is never a good deal.

More pitfalls of working at home

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Liberating though it can be, working at home isn't all hanging out in sweats and catching up on daytime TV. Last week I presented seven drawbacks of the home-based job and you readers reminded me of five more.

ISTOCK IMAGES

▶ Alison's money rule: Working at home is a dream for many. Just be aware of the disadvantages before you try it.

On the job

- Fifty-four per cent of those who work at home have a university degree.

1. Lack of spousal support

A spouse who doesn't respect and support what you're doing can turn working at home into a nightmare. In a previous incarnation I had one of those. For instance, reading the papers and magazines, and now browsing the Internet is a big part of my job. But he refused to see it that way, always characterizing it as slacking around. Never mind that he was unemployed!

2. Household chores

Because you work the expectation is you can do household chores, drive kids and aging parents to appointments during your down time. The reality is that down time is limited because you are on your own with no colleagues or assistants to take up the slack. Set boundaries, although it can be tough when family is involved.

3. Kids home sick!

You're home so you can just keep an eye on those sneezing, coughing, feverish kids. Then there are school holidays and snow days, which fall in the lap of the work-at-home parent.

4. Non-custodial drop off

I've never personally experienced this but several readers complained that their ex just drops the kids and says, "You're at home anyway and I've got this big business trip so I thought you could help me out with the kids this month."

It's a tricky situation to deal with in the absence of goodwill and strong communication.

5. Credit scarcity

Banks still look askance at the self-employed. I believe they have a secret, negative category for us.

Assets, sparkling credit score and low debt to income ratio be damned, the work-at-home crowd have a tough time getting things like a business related line of credit without pledging their first born.

I've outlined 12 pitfalls of working at home this week and last. Even so, I wouldn't have it any other way.

POPQUIZ

What should you do with your tax return money?

A: Hurray! Time for a shopping road trip to the US!

B: Save some, invest some, pay off debts and then reward yourself!

FIND TIPS & TRICKS
in Lesley Scorgie's Fun and Frugal Column:
What to do with your tax refund.

This column and more available at
Metronews.ca/YourMoney

Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.

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We are living in a 'Wanna-Have World'

$3,000 for a new purse? Luxury spending skyrocketing even in the face of a global debt crisis

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BDO

Society needs to get a better grip on its rampant consumerism because real consequences lie ahead if the excess isn't reined in, a McGill University professor says in a new book.

Real incomes have been "pretty much flat for most people for 30 years but the level of consumption keeps rising," says Naylor, author of Crass Struggle: Greed, Glitz and Gluttony in a Wanna-Have World.

"What that translates into is consumer debt, mortgage debt and things like that."

Luxury spending has skyrocketed even as the world struggles with a debt crisis.

Among the countries where cash is being flung around the fiercest are the United States and China, which is being seen as a new haven for luxury car and boat manufacturers.

THE CANADIAN PRESS

Winners

MINNESOTA

- The Wild have certainly addressed some of their offensive shortcomings with the additions of Dany Heatley and Devin Setoguchi. They combined for 48 goals a year ago and have shown in the past they're capable of a much higher output.

WASHINGTON

- Not only did Caps GM George McPhee land a proven veteran in Tomas Vokoun — at an extremely cap-friendly price tag of $1.5 million US — he also obtained a potential lottery pick from Colorado for unpredictable goalie Semyon Varlamov.

N.Y. RANGERS

- The addition of Brad Richards doesn't solve all of New York's problems, but it drastically improves the outlook for next year. He'll slot in as the No. 1 centre and should make life a little easier for Marian Gaborik.

TORONTO

- Despite immense pressure to start winning immediately, the Leafs have avoided getting in cap trouble by overspending. The team's only free-agent signing, Tim Connolly, will strengthen a weak group at centre.

BUFFALO

- They overpaid for defenceman Christian Ehrhoff and forward Ville Leino, but when was the last time you could say that about the Sabres? Buffalo established itself as an off-season winner simply by making a splash in the free-agent pool.

After the off-season gold rush

A look at which NHL clubs have come out ahead in a few weeks of frenzied roster moves

Losers

FLORIDA

- To be fair, the Panthers were pretty much in a no-win situation. GM Dale Tallon acknowledged as much at the draft when he said the need to spend up to the $48.3-million US salary floor would actually make his team worse.

PHILADELPHIA

- GM Paul Holmgren has made a habit of doing things his own way. The culture change that comes with the departure of Mike Richards and Jeff Carter probably won't be enough to overcome the drop in talent that accompanies it.

DALLAS

- An uncertain ownership issue has made the job of building a team particularly tough on GM Joe Nieuwendyk, who simply couldn't come up with the kind of offer needed to keep Brad Richards in the fold.

CALGARY

- A team that missed the playoffs a year ago lost veteran defenceman Robyn Regehr in exchange for nothing more than salary-cap flexibility. While that certainly has value in today's NHL, GM Jay Feaster has yet to put it to use.

COLORADO

- After letting both of his goaltenders walk away, GM Greg Sherman is taking a bit of a gamble. He's banking on the duo of Semyon Varlamov and J.S. Giguere making his team much better.

THE CANADIAN PRESS

Heatley welcomes trade to Minnesota

EZRA SHAW/GETTY IMAGES

"Last year wasn't the greatest year for me personally, but I'm looking forward to getting back there."
DANY HEATLEY

The Minnesota Wild have been searching for the kind of dynamic goal-scorer who can put the puck in the net in the blink of an eye, a player who won't hesitate to let a shot rip from anywhere in the opposing goaltender's zip code, ever since Marian Gaborik left in 2009.

Here comes Dany Heatley, who never met a shot on goal he didn't like, determined to show the rest of the league he can still light the lamp with the best of them.

The Wild landed Heatley from San Jose on Sunday night, sending forward Marty Havlat to the Sharks in a straight-up swap of two 30-year-old wingers. Heatley said yesterday he was excited to be coming to Minnesota and couldn't wait to prove that last year's sub-par season was a fluke.

$19M

Heatley has three years and $19 million US left on his contract, while Havlat has four years and $20 million remaining on the deal he signed with Minnesota two years ago.

"As a goal-scorer and a player, you want to be that guy," Heatley said.

Heatley had back-to-back 50-goal seasons in 2005-06 and 2006-07 for the Ottawa Senators, but finished with only 26 goals last season for the Sharks. Heatley played a month and a half with a broken hand and said he had several other nagging injuries that held him back.

After the Sharks flamed out in the playoffs yet again, San Jose GM Doug Wilson was looking to switch things up. He found a willing partner in Wild GM Chuck Fletcher, whose team has missed the playoffs in both of his seasons as the team's top executive.

Fletcher said the biggest priority heading into the off-season was injecting some juice into a team that finished 30th in the league in shots on goal and had too many players who were better suited to passing and setting up others than finishing the plays themselves.

Havlat seemed to be one of those players. He tied for the team lead last season with 62 points, but only 22 goals. THE ASSOCIATED PRESS

4 sports

Quoted

"For us, it's about proving that we belong here, that we deserve to be No. 6 in the world, it's not a fluke and we have to go out and prove to ourselves and to Canada that we're a lot better than we were that day."
CANADIAN GOALKEEPER ERIN MCLEOD, ON HER TEAM'S DESIRE FOR REDEMPTION AFTER A 4-0 LOSS TO FRANCE AT THE WOMEN'S WORLD CUP. THE SIXTH-RANKED CANADIANS FACE NO. 27 NIGERIA TODAY IN THE FINAL GAME OF THIS TOURNAMENT FOR BOTH WINLESS TEAMS.

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	50	33	.602	—
Boston	49	35	.583	1½
Tampa Bay	47	38	.553	4
Toronto	42	44	.488	9½
Baltimore	36	45	.444	13

CENTRAL DIVISION

	W	L	Pct	GB
Cleveland	45	38	.542	—
Detroit	45	40	.529	1
Chicago	43	43	.500	3½
Minnesota	37	46	.446	8
Kansas City	34	51	.400	12

WEST DIVISION

	W	L	Pct	GB
Los Angeles	44	41	.518	—
Texas	44	41	.518	—
Seattle	42	43	.494	2
Oakland	38	48	.442	6½

Yesterday's results
Toronto 9 Boston 7
Chicago White Sox 5 Kansas City 4
Cleveland 6 N.Y. Yankees 3
Minnesota 7 Tampa Bay 0
Seattle 2 Oakland 1
Baltimore at Texas
Detroit at L.A. Angels
Today's games
All Times Eastern
N.Y. Yankees (Sabathia 11-4) at Cleveland (C.Carrasco 8-4), 7:05 p.m.
Toronto (Cecil 1-3) at Boston (Lester 10-4), 7:10 p.m.
Baltimore (Undecided) at Texas (M.Harrison 6-7), 8:05 p.m.
Kansas City (F.Paulino 0-2) at Chicago White Sox (Peavy 4-1), 8:10 p.m.
Tampa Bay (Shields 8-5) at Minnesota (S.Baker 6-5), 8:10 p.m.
Detroit (Verlander 11-3) at L.A. Angels (Haren 8-5), 10:05 p.m.
Seattle (F.Hernandez 8-7) at Oakland (Cahill 8-6), 10:05 p.m.

INTERLEAGUE

Sunday's results
Toronto 7 Philadelphia 4
Detroit 6 San Francisco 3
Cincinnati 7 Cleveland 5
N.Y. Mets 3 N.Y. Yankees 2 (10 innings)
Baltimore 5 Atlanta 4
Tampa Bay 8 St. Louis 3
Boston 2 Houston 1
Minnesota 9 Milwaukee 7
Chicago Cubs 3 Chicago White Sox 1
Kansas City 16 Colorado 8
Oakland 7 Arizona 2
Seattle 3 San Diego 1
Florida 6 Texas 4
L.A. Angels 3 L.A. Dodgers 1

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	54	32	.628	—
Atlanta	49	36	.576	4½
Washington	43	43	.500	11
New York	42	42	.500	11
Florida	38	47	.447	15½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	46	40	.535	—
Milwaukee	45	41	.523	1
Pittsburgh	44	41	.518	1½
Cincinnati	43	43	.500	3
Chicago	35	51	.407	11
Houston	29	57	.337	17

WEST DIVISION

	W	L	Pct	GB
San Francisco	48	38	.558	—
Arizona	46	40	.535	2
Colorado	41	43	.488	6
San Diego	39	47	.453	9
Los Angeles	37	48	.435	10½

Yesterday's results
Arizona 8 Milwaukee 6
Philadelphia 1 Florida 0
Pittsburgh 5 Houston 3
San Diego 5 San Francisco 3
St. Louis 1 Cincinnati 0
Washington 5 Chicago Cubs 4 (10 innings)
Colorado at Atlanta
N.Y. Mets at L.A. Dodgers
Sunday's result
Pittsburgh 10 Washington 2
Today's games
All Times Eastern
Chicago Cubs (Ortiz 0-0) at Washington (Detwiler 0-0), 7:05 p.m.
Houston (W.Rodriguez 6-4) at Pittsburgh (Karstens 6-4), 7:05 p.m.
Cincinnati (Volquez 5-3) at St. Louis (J.Garcia 7-3), 7:09 p.m.
Colorado (Chacin 8-5) at Atlanta (D.Lowe 4-6), 7:10 p.m.
Philadelphia (Hamels 9-4) at Florida (Volstad 4-7), 7:10 p.m.
Arizona (Duke 1-3) at Milwaukee (Wolf 6-5), 8:10 p.m.
N.Y. Mets (Pelfrey 4-7) at L.A. Dodgers (Lilly 5-8), 10:10 p.m.
San Diego (Stauffer 4-5) at San Francisco (Cain 7-4), 10:15 p.m.

BLUE JAYS 9, RED SOX 7

Toronto	ab	r	h	bi	Boston	ab	r	h	bi
RDavis cf	5	1	2	1	Ellsury cf	5	1	4	2
EThms lf	4	1	1	0	Pedroia 2b	4	1	1	0
Bautist 3b	5	1	1	0	AdGnzl 1b	5	0	1	1
Lind 1b	3	2	1	1	Youkils 3b	1	0	0	0
Encrnc dh	5	0	0	0	YNavrr pr-3b	3	1	1	0
A.Hill 2b	5	2	3	2	D.Ortiz dh	3	1	1	0
Snider rf	5	1	3	2	Reddck lf	2	0	0	0
JMolin c	3	0	0	0	DMcDn ph-lf	2	0	0	0
JMcDnl ss	4	1	2	1	Sltlmch c	4	1	1	2
J.Drew rf	3	1	1	1					
Scutaro ss	3	1	1	0					
Totals	**39**	**9**	**13**	**7**	**Totals**			**35**	**7 11 6**

Toronto	124	000	110	—9
Boston	000	040	030	—7

E—Youkilis (6), Y.Navarro (1). DP—Toronto 2. LOB—Toronto 7, Boston 6. 2B—R.Davis 2 (15), Snider 3 (7), Ad.Gonzalez (28), D.Ortiz (21). 3B—Ellsbury (1), Saltalamacchia (2). HR—A.Hill (4). SB—R.Davis (22), Ellsbury (27). CS—Pedroia (3). S—J.Molina. SF—J.Drew.

Toronto	IP	H	R	ER	BB	SO
Morrow W,5-4	5	5	4	4	3	5
L.Perez H,2	2	2	0	0	0	2
Frasor	1	3	3	3	0	2
F.Francisco S,10-14	1	1	0	0	0	3
Boston						
Lackey L,5-8	2 1-3	9	7	7	0	2
Wheeler	2 2-3	0	0	0	0	0
Aceves	2 2-3	3	2	1	1	1
F.Morales	1-3	0	0	0	1	0
Albers	1	1	0	0	1	0

T—3:37. A—38,072 (37,065) at Boston.

TENNIS

ATP CAMPBELL'S HALL OF FAME CHAMPIONSHIPS

At Newport, R.I.
Singles
First Round
Grigor Dimitrov (2), Bulgaria, def. Brian Dabul, Argentina, 6-2, 6-4.
Olivier Rochus (6), Belgium, def. Greg Jones, Australia, 6-4, 3-6,6-3.
Alex Bogomolov, Jr., U.S., def. Mischa Zverev, Germany, 4-6, 6-3, 6-1.
Donald Young, U.S., def. Paul Capdeville, Chile, 6-2, 6-1.
Ruben Bemelmans, Belgium, def. Denis Gremelmayr, Germany, 6-4, 6-2.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	1	1	0	0	30	26	2
Winnipeg	1	1	0	0	24	16	2
Toronto	1	1	0	0	23	21	2
Hamilton	1	0	1	0	16	24	0

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Edmonton	1	1	0	0	42	28	2
Saskatchewan	1	0	1	0	28	42	0
B.C.	1	0	1	0	26	30	0
Calgary	1	0	1	0	21	23	0

WEEK ONE
Sunday's result
Edmonton 42 Saskatchewan 28
Friday Results
Toronto 23 Calgary 21
Winnipeg 24 Hamilton 16
Thursday Result
Montreal 30 B.C. 26
WEEK TWO
All Times Eastern
Friday, July 8
Toronto at Winnipeg, 7:30 p.m.
Calgary at B.C., 10:30 p.m.
Saturday, July 9
Montreal at Saskatchewan, 4 p.m.
Hamilton at Edmonton, 7 p.m.

LATE SUNDAY

ESKIMOS 42, ROUGHRIDERS 28

First Quarter
Edm — TD Barnes 35 pass from Ray (Duval convert) 4:48
Sask — TD Hill 14 pass from Durant (Johnson convert) 7:15
Edm — TD Barnes 14 pass from Ray (Duval convert) 12:43
Second Quarter
Edm — FG Duval 48 0:30
Edm — FG Duval 22 4:56
Sask — FG Johnson 43 7:43
Edm — TD Porter 5 run (Duval convert) 10:53
Sask — FG Johnson 22 13:42
Sask — TD Cates 24 run (Johnson convert) 14:40
Third Quarter
Edm — Single Duval 77 9:57
Edm — TD Bowman 4 pass from Ray (Duval convert) 13:22
Fourth Quarter
Edm — TD Joseph 1 run (Duval convert) 4:40
Sask — Single Johnson 63 8:07
Sask — TD Clermont 22 pass from Durant (Johnson convert) 12:48

Edmonton	14	13	8	7	—42
Saskatchewan	7	13	0	8	—28

Attendance — 30,048 at Regina.

TEAM STATISTICS	Edm	Sask
First downs	24	20
Yards rushing	113	71
Yards passing	294	339
Total offence	407	410
Team losses	13	4
Net offence	394	406
Passes made-tried	21-27	27-37
Return-yards	143	202
Intercepts-yards by	3-36	0-0
Fumbles-lost	1-0	2-1
Sacks by	2	1
Punts-average	7-46.6	6-44.5
Penalties-yards	5-48	5-44
Time of possession	33:55	26:05

Individual
Rushing: Edm — Messam 9-37, Porter 10-33, McCarty 6-28, Ray 1-13, Joseph 3-2; Sask — Cates 10-56, Durant 2-15.
Receiving: Edm — Barnes 5-104, Bowman 7-103, Stamps 3-34, Nowacki 3-29, McCarty 1-11, Fisher 1-10, Bertrand 1-3; Sask — Dressler 7-109, Getzlaf 3-66, Cates 6-47, Munn 3-44, Hill 4-34, Clermont 3-32, Wheelwright 1-7.
Passing: Edm — Ray 21-27, 294 yards, 3 TDs, 0 ints, Joseph 0-0-0-0-0; Sask — Durant 27-37-339-2-3.

GOLF

PGA FEDEXCUP LEADERS

Through July 3

	Points	Money YTD
1. Nick Watney	1,798	US$4,189,233
2. K.J. Choi	1,536	$3,665,704
3. Luke Donald	1,455	$3,550,248
4. Bubba Watson	1,448	$3,017,350
5. Mark Wilson	1,321	$2,690,688
6. Matt Kuchar	1,306	$2,878,861
7. David Toms	1,280	$2,920,730
8. Phil Mickelson	1,261	$2,496,784
9. Gary Woodland	1,237	$2,381,229
10. Webb Simpson	1,230	$2,466,692
11. Brandt Snedeker	1,191	$2,392,395
12. Steve Stricker	1,173	$2,561,139
13. Martin Laird	1,165	$2,348,956
14. Jonathan Byrd	1,154	$2,358,204
15. Jason Day	1,141	$2,720,362
16. Rory Sabbatini	1,137	$2,200,867
17. Aaron Baddeley	1,112	$2,329,848
18. Fredrik Jacobson	1,112	$2,026,682
19. Hunter Mahan	1,072	$2,181,312
20. Charl Schwartzel	980	$2,080,921
21. Bill Haas	946	$1,730,170
22. Steve Marino	930	$1,812,196
23. Dustin Johnson	900	$1,947,228
24. Jhonattan Vegas	894	$1,577,378
25. Keegan Bradley	891	$1,822,168
26. Spencer Levin	879	$1,712,268
27. D.A. Points	875	$1,700,583
28. Ryan Palmer	815	$1,614,010
29. Jason Dufner	813	$1,678,060
30. Charles Howell III	808	$1,535,895
31. Vijay Singh	799	$1,532,130
32. Brendan Steele	756	$1,460,104
33. Ryan Moore	740	$1,463,150
34. Justin Rose	734	$1,441,382
35. Bo Van Pelt	733	$1,486,545
36. Y.E. Yang	728	$1,587,837
37. Charley Hoffman	716	$1,123,658
38. Brandt Jobe	707	$1,252,470
39. Tommy Gainey	701	$1,341,751
40. Lucas Glover	699	$1,377,188
41. Robert Garrigus	678	$1,387,787
42. Kevin Na	660	$1,247,029
43. J.B. Holmes	640	$1,398,583
44. Zach Johnson	638	$1,131,621
45. Adam Scott	637	$1,478,553
46. Harrison Frazar	624	$1,192,489
47. Robert Karlsson	609	$1,184,755
48. John Senden	607	$966,820
49. Rickie Fowler	607	$999,545
50. Chris Kirk	607	$1,042,909
51. Brian Gay	600	$999,066
52. Robert Allenby	596	$1,109,862
53. J.J. Henry	585	$826,927
54. Jeff Overton	560	$1,039,570
55. Kevin Streelman	557	$1,030,075
56. Charlie Wi	545	$982,840
57. John Rollins	541	$960,036
58. Brian Davis	541	$784,555
59. Carl Pettersson	538	$892,408
60. Ryuji Imada	517	$913,162
61. Jimmy Walker	506	$883,895
62. Pat Perez	497	$875,808
63. Ricky Barnes	496	$848,892
64. Brendon de Jonge	494	$657,498
65. Stewart Cink	493	$809,028
66. Troy Matteson	488	$833,746
67. Johnson Wagner	486	$966,064
68. Marc Leishman	485	$772,767
69. Graeme McDowell	479	$987,558
70. Kevin Chappell	477	$1,021,298
71. Jerry Kelly	471	$767,876
72. Sergio Garcia	471	$903,091
73. Paul Goydos	460	$1,099,260
74. Chris Couch	459	$738,856
75. Jim Furyk	456	$769,757
76. Ben Crane	451	$771,151
77. Michael Bradley	443	$818,895
78. Blake Adams	425	$525,966
79. Geoff Ogilvy	418	$814,227
80. Tim Herron	411	$675,318
Also		
121. Stephen Ames	**274**	**$467,810**
122. David Hearn	**273**	**$400,872**

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Philadelphia	17	7	4	6	21	16	27
New York	18	5	3	10	29	23	25
Columbus	17	6	5	6	20	19	24
Kansas City	16	5	6	5	21	22	20
Houston	18	4	6	8	21	22	20
D.C. United	16	4	5	7	23	29	19
Chicago	18	2	4	12	19	22	18
Toronto	19	3	7	9	17	29	18
New England	17	3	8	6	13	21	15

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	19	9	2	8	25	15	35
Dallas	18	10	4	4	26	17	34
Seattle	19	8	4	7	25	18	31
Real Salt Lake	15	7	3	5	18	9	26
Colorado	18	5	5	8	19	21	23
San Jose	16	5	5	6	22	19	21
Portland	16	5	8	3	19	28	18
Chivas USA	17	4	7	6	21	22	18
Vancouver	18	2	8	8	18	25	14

Note: Three points for a win, one for a tie.
Last night's results
New England at Real Salt Lake
Seattle at Los Angeles
Sunday's result
Houston 0 Colorado 0
Wednesday's games
All Times Eastern
Toronto at New York, 8 p.m.
Colorado at Kansas City, 8:30 p.m.
Columbus at Vancouver, 10 p.m.
San Jose at Chivas USA, 10:30 p.m.

NASL

Yesterday's results
Edmonton 0 Minnesota 0
Puerto Rico 4 Atlanta 3
Tampa Bay 4 Fort Lauderdale 2
Sunday's result
Carolina 2 Montreal 0

COPA AMERICA

FIRST ROUND

Last night's results
At Mendoza, Argentina
Uruguay 1 Peru 1
Chile vs. Mexico
Sunday's results
At La Plata, Argentina
Brazil 0 Venezuela 0
At Santa Fe, Argentina
Paraguay 0 Ecuador 0

MEN'S U-17 WORLD CUP

QUARTER-FINALS

Yesterday's results
At Morelia, Mexico
Germany 3 England 2
At Pachuca, Mexico
France vs. Mexico
Sunday's results
At Monterrey, Mexico
Uruguay 2 Uzbekistan 0
At Queretaro, Mexico
Brazil 3 Japan 2
Thursday's games
All Times Eastern
Semifinals
At Guadalajara, Mexico
Uruguay vs. Brazil, 4 p.m.
At Torreon, Mexico
Germany vs. France/Mexico, 7 p.m.

WOMEN'S WORLD CUP

GROUP STAGE

Sunday's results
At Wolfsburg, Germany
Australia 3 Equatorial Guinea 2
Brazil 3 Norway 0
Today's games
All Times Eastern
At Augsburg, Germany
England vs. Japan, 12:15 p.m.
At Sinsheim, Germany
New Zealand vs. Mexico, 12:15 p.m.
At Dresden, Germany
Canada vs. Nigeria, 2:45 p.m.
At Moenchengladbach, Germany
France vs. Germany, 2:45 p.m.
End of Group Stage

CYCLING

TOUR DE FRANCE

At Redon, France
Third Stage
197 kilometres (flat terrain)
1. Tyler Farrar, U.S., Garmin-Cervelo, four hours 40 minutes 21 seconds; 2. Romain Feillu, France, Vacansoleil-DCM, same time; 3. Jose Joaquin Rojas, Spain, Movistar, s.t.; 4. Sebastien Hinault, France, AG2R La Mondiale, s.t.; 5. Mark Cavendish, Britain, HTC-Highroad, s.t.; 6. Thor Hushovd, Norway, Garmin-Cervelo, s.t.; 7. Julian Dean, New Zealand, Garmin-Cervelo, s.t.; 8. Borut Bozic, Slovenia, Vacansoleil-DCM, s.t.; 9. Andre Greipel, Germany, Omega Pharma-Lotto, s.t.; 10. Jimmy Engoulvent, France, Saur-Sojasun, s.t.
11. Denis Galimzyanov, Russia, Katusha, s.t.; 12. Sebastien Turgot, France, Europcar, s.t.; 13. Edvald Boasson Hagen, Norway, Sky Procycling, s.t.; 14. Gianni Meersman, Belgium, Francaise des Jeux, s.t.; 15. Geraint Thomas, Britain, Sky Procycling, s.t.; 16. Linus Gerdemann, Germany, Leopard-Trek, s.t.; 17. William Bonnet, France, Francaise des Jeux, s.t.; 18. Andreas Kloeden, Germany, RadioShack, s.t.; 19. Rob Riujgh, Netherlands, Vacansoleil-DCM, s.t.; 20. Philippe Gilbert, Belgium, Omega Pharma-Lotto, s.t.;
Also
34. Alberto Contador, Spain, Saxop Bank Sungard, s.t.; **78. Ryder Hesjedal, Victoria, Garmin-Cervelo, s.t.**
Overall Standings
(after three stages)
1. Thor Hushovd, Norway, Garmin-Cervelo, nine hours 46 minutes 46 seconds; 2. David Millar, Britain, Garmin-Cervelo, same time; 3. Cadel Evans, Australia, BMC, one second behind.4. Geraint Thomas, Britain, Sky Procycling, 0:04; 5. Linus Gerdemann, Germany, Leopard-Trek, s.t.; 6. Edvald Boasson Hagen, Norway, Sky Procycling, s.t.; 7. Frank Schleck, Luxembourg, Leopard-Trek, s.t.; 8. Andy Schleck, Luxembourg, Leopard-Trek, s.t.; 9. Jakob Fuglsang, Denmark, Leopard-Trek, s.t.; 10. Bradley Wiggins, Britain, Sky Procycling, s.t.
11. Manuel Quinziato, Italy, BMC, s.t.; 12. Fabian Cancellara, Switzerland, Leopard-Trek, s.t.; 13. George Hincapie, U.S., BMC, s.t.; 14. Tony Martin, Germany, HTC-Highroad, 0:05; 15. Peter Velits, Slovakia, HTC-Highroad, s.t.; 16. Tejay Van Garderen, U.S., HTC-Highroad, s.t.; 17. Mark Cavendish, Britain, HTC-Highroad, s.t.; 18. Matthew Harley Goss, Australia, HTC-Highroad, s.t.; 19. Andreas Kloeden, Germany, RadioShack, 0:10; 20. Christopher Horner, U.S., RadioShack, s.t.
Also — 57. Ryder Hesjedal, Victoria, Garmin-Cervelo, 1:14 behind leader.

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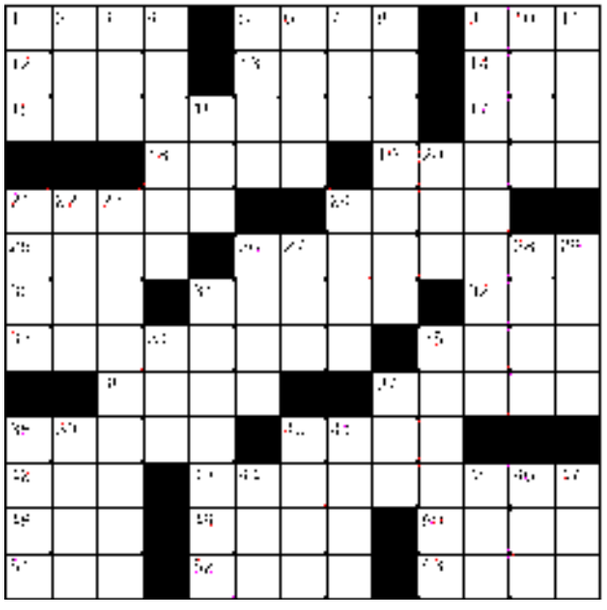
Crossword



Across

1 — Romeo
5 Mr. Disney
9 Bribe
12 Indonesian island
13 Screenwriter James
14 Dusk-dawn link
15 Venue for Matlock
17 Carte lead-in
18 Building extension
19 Singer Cline
21 "King Lear" daughter
24 DNA bit
25 Wrong
26 Troubadour
30 Witness
31 "Goodbye, Mr. Chips" star Robert
32 Raw rock
33 Cops' district
35 Venetian magistrate
36 Ship of 1492
37 Knight's apparel
38 Really thin person
40 "My Fair —"
42 Cattle call
43 Business meeting site
48 Yoko of music
49 Touch
50 Eye layer
51 Workout place
52 Neat
53 — a soul (nobody)

Down

1 "Wipeout" network
2 "7 Faces of Dr. —"
3 Winter ailment
4 Plane's route
5 Caution
6 Enthusiastic
7 Zodiac sign
8 Storm
9 Cruise ship accommodation
10 Rembrandt's supply
11 Theatrical presentation
16 Stannum
20 Pismire
21 Grate
22 Basin accessory
23 Where performers wait to go on
24 Summertime pest
26 "— Lisa"
27 Biz letterhead abbr.
28 Therefore
29 Lecherous look
31 Nitwit
34 U.S. spy org.
35 Rehearsal
37 Toss in
38 Air pollutant
39 Rabbit
40 Praise to the skies
41 Bohemian
44 Sapporo sash
45 Eggs
46 "— the ramparts ..."
47 Has permission

▶ Yesterday's answer

Sudoku

4			5		1			8
		1			3			
				6			2	
5	9			7				3
		6	9		8	7		
7				4			1	9
	1			2				
			8			3		
2			4		9			7

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Love of my Life
lo..that post was not mine you must know that. You know you are my life n everything..I thought you know me better by now..where is our understanding n trust? you seem to be mad n hurt..it was 3rd person. I feel so bad. No time to stress now..you got to relax bit ..play with hammock..don't u worry about me too much..i know u do..no wonder why i love you so much..smile 4me pl. Thanks.
FROM ALWAYSYOURS

Mon Souris Electrique
II am real. I have only posted 2 messages ever! This is my third one now. I am calm and steady as a rock. And don't call me Annie! Bonjour! Merci beaucoup mon cherie xo
FROM DOLPHINE

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You should be feeling stronger mentally now.

♉ Taurus April 21-May 21 You need to be a bit more open with partners and loved ones today.

♊ Gemini May 22-June 21 If you have been holding back from saying something because you did not want to hurt someone's feelings you will realize that your efforts have been counter productive.

♋ Cancer June 22-July 22 You will receive good news concerning your cash flow situation today.

♌ Leo July 23-Aug.23 Your message is important — make sure it gets through.

♍ Virgo Aug. 24- Sept. 22 You may not much like what you are expected to do today but you are advised to do it anyway.

♎ Libra Sept. 23-Oct. 23 Your confidence will get a boost today.

♏ Scorpio Oct. 24-Nov. 22 You are full of ideas for the future.

♐ Sagittarius Nov. 23-Dec. 21 You will experience a surge of energy over the next 24 hours that makes all things possible.

♑ Capricorn Dec. 22-Jan. 20 A partnership that is based purely on convenience is unlikely to survive the stresses and strains of the next few days.

♒ Aquarius Jan. 21-Feb. 18 You must ask friends for their permission before you do anything that could affect them.

♓ Pisces Feb. 19-March 20. By all means make changes but don't expect everyone to be happy with them.

SALLY BROMPTON

Caption contest

DARREN CALABRESE/ THE CANADIAN PRESS

SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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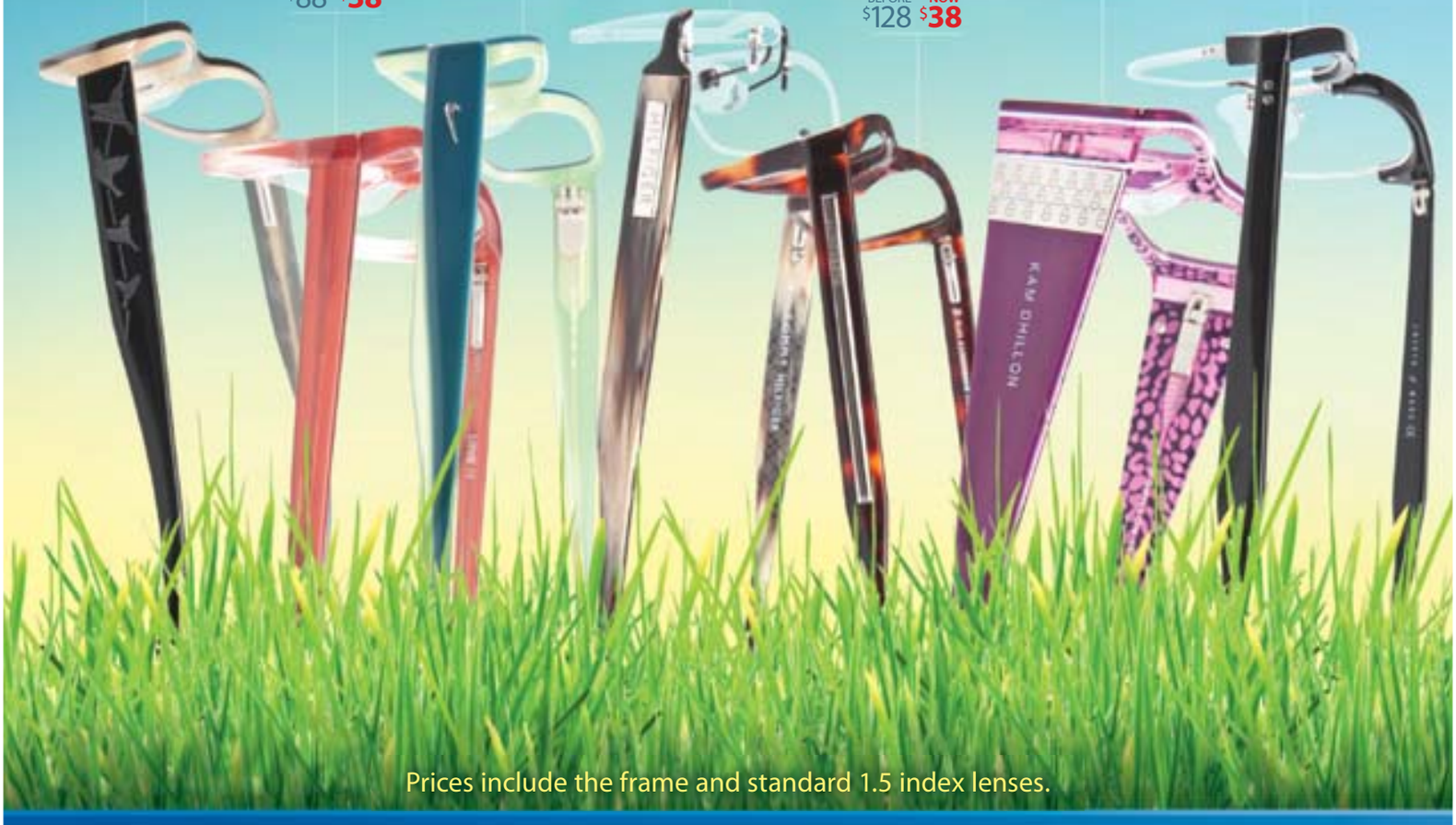

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